

Raspberry Velvet



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



136 kcal

SIDE DISH

Ingredients



2 teaspoons juice of lime fresh



4 mint sprigs fresh



12 ounce iqf raspberries unsweetened frozen



0.3 cup raspberry preserves black seedless



1 tablespoon sugar



0.3 cup water

Equipment



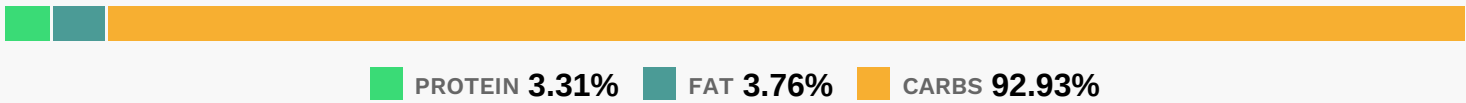
food processor

- ☐ bowl
- ☐ sieve

Directions

- ☐ Push the raspberries and preserves through a food mill, then strain through a fine-mesh strainer set over a stainless steel bowl to eliminate any remaining seeds. Or puree the berries with the preserves in a food processor, then strain through a fine-mesh strainer into a bowl.
- ☐ Add the water and mix well. (You should have about 2 cups.)
- ☐ Place the bowl in the freezer and freeze, stirring every hour or so, until it is half frozen and velvety.
- ☐ Meanwhile, pour the lime juice into one small saucer and put the sugar in another. Dip the rims of four stemmed glasses (preferably tulip champagne glasses) into the lime juice and then into the sugar, to create a border.
- ☐ Place the glasses in the freezer or refrigerator until serving time.
- ☐ At serving time, divide the raspberry velvet among the prepared glasses and decorate each with a sprig of mint.
- ☐ Serve immediately.
- ☐ From Essential Pépin: More Than 700 All-Time Favorites from My Life in Food by Jacques Pépin. Copyright © 2011 by Jacques Pépin; illustrations copyright © 2011 by Jacques Pépin. Published by Houghton Mifflin Harcourt Company.

Nutrition Facts



Properties

Glycemic Index:37.77, Glycemic Load:13.85, Inflammation Score:-3, Nutrition Score:6.3786956279174%

Flavonoids

Cyanidin: 38.93mg, Cyanidin: 38.93mg, Cyanidin: 38.93mg, Cyanidin: 38.93mg Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg Delphinidin: 1.12mg, Delphinidin: 1.12mg, Delphinidin: 1.12mg, Delphinidin: 1.12mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.83mg, Pelargonidin: 0.83mg, Pelargonidin: 0.83mg, Pelargonidin: 0.83mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epigallocatechin:

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Nutrients (% of daily need)

Calories: 135.87kcal (6.79%), Fat: 0.59g (0.91%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 32.99g (11%), Net Carbohydrates: 27.06g (9.84%), Sugar: 20.54g (22.82%), Cholesterol: 0mg (0%), Sodium: 11.05mg (0.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.35%), Vitamin C: 25.84mg (31.33%), Manganese: 0.59mg (29.67%), Fiber: 5.93g (23.72%), Vitamin K: 6.65µg (6.33%), Folate: 22.37µg (5.59%), Copper: 0.11mg (5.57%), Magnesium: 20.99mg (5.25%), Vitamin E: 0.78mg (5.2%), Potassium: 158.91mg (4.54%), Iron: 0.78mg (4.33%), Vitamin B2: 0.06mg (3.38%), Phosphorus: 31.13mg (3.11%), Calcium: 30.18mg (3.02%), Vitamin B5: 0.29mg (2.92%), Vitamin B6: 0.05mg (2.73%), Vitamin B3: 0.54mg (2.7%), Zinc: 0.39mg (2.59%), Vitamin B1: 0.03mg (2.21%), Vitamin A: 71.8IU (1.44%), Selenium: 0.76µg (1.08%)